

top 40 international recipes



Presented by the Egg Marketing Board,
representing the Poultry Farmers of N.S.W.

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Dine with an international flavour

You! An international cook! Preparing tasty, exquisite egg dishes from far-off lands. And doing it with skill and ease. For the 40 recipes in this book are for practised cooks and cookery beginners alike. They're the pick of the international egg recipes. And every one will add new interest, delight and difference to everyday eating.

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The egg, endowed with natural goodness, is a challenge to the cooks of every country. In its golden heart, the egg has vital elements that the human body needs. Everyone needs one egg a day. Growing children and active adults benefit from two or more. It's important for the mother of growing children as well as for the hostess to know enough really tasty and attractive ways of serving eggs. That's why this is no armchair cookery book. It is designed for action in your kitchen. In this collection of trans-world recipes you find a blend of fine tradition and brilliant improvisation. There is no ingredient, however exotic it may sound, which cannot be obtained in this city. The ingredients which make these recipes so essentially different—the olive oil, the wine, lemons, garlic, onions, tomatoes, aromatic herbs and spices are readily available to all. Enjoy all these wonderfully different ways to cook eggs. Stir your family's appetites with the warm, rich aromas—the tasty, delicious egg dishes that are favourites around the world.

holland

All the richness of fine dairy foods is combined with eggs in this special Dutch dish.

eggs amsterdam

6 hard-boiled eggs, 1 oz. melted butter, 1 teaspoon chopped chevril, 1 teaspoon chopped parsley, ¼ teaspoon dry mustard, salt, pepper, ½ cup chopped prawns, 1 cup cream, 1 oz. grated cheese.

Chop eggs, add butter, herbs, seasonings, prawns and cream. Pour into large baking dish or six small dishes. Sprinkle with grated cheese. Bake in a hot oven 400° 10 minutes or until cheese melts and browns. Serves 6. . .

switzerland

Wholesome Swiss cooking is satisfying, too. Good use is made of their plentiful dairy produce and eggs.

asparagus swiss tart

6 ozs. rich shortcrust pastry, 1 tin asparagus tips, 2 rashers chopped grilled bacon, 2 chopped shallots, 2 eggs, 1¼ cups milk, salt, pepper.

Roll out shortcrust. Line five individual dishes. Glaze with egg white. Drain asparagus. Cut into 1" lengths—reserve tips for garnishing. Fill into cases, sprinkle with bacon and shallots. Beat milk and eggs. Spoon into cases. Bake in a moderate oven 375° 30 minutes. Serve with garlic, bread, tomato and cucumber slices and cottage cheese.

swiss potato pancakes

¾ lb. potatoes, 1 tablespoon flour, 1 egg, salt, pepper, 2 ozs. grated cheese, 1 rasher bacon (chopped), 4 eggs, 8 continental frankfurts, butter.

Cook and grate potatoes. Combine potatoes, cheese, bacon, seasonings and beaten egg. Grease a heavy frying pan. Drop batter by spoonfuls on to pan. Cook on underside until golden brown, turn. Remove from pan and keep hot. Fry eggs, boil frankfurts. Serve pancakes topped with fried egg and accompanied by frankfurts, sliced lengthwise. Serves 4.





england

veal and ham pie

1 quantity raised pie crust, 2 lb. fillet veal, 4 ozs. ham, 1 tablespoon chopped parsley, 4 hard boiled eggs, stock, 1 lemon (rind and juice), 1 teaspoon salt, 6 peppercorns, 3 cloves, sprig thyme and parsley.

Cut veal into thin slices, place in saucepan. Cover with stock and lemon juice, add rind, sprig of thyme and parsley, salt, cloves and peppercorns. Simmer $\frac{1}{2}$ hour. Cool. Hard boil eggs. Slice ham, cut into strips. Place layers of veal, eggs, parsley and ham in pie case. Cover with remaining pastry. Make a steam hole in centre of lid. Bake 425° 20 minutes, 350° 45 minutes. Cool. Fill pie with setting stock, through steam hole. Serve cold.

RAISED PIE CRUST: $1\frac{1}{4}$ lb. flour, $\frac{1}{4}$ teaspoon salt, 9 ozs. margarine or 5 ozs. margarine and 4 ozs. lard, 4 tablespoons water.

Sift flour and salt. Divide fat into four. Put water and remainder of fat into saucepan—bring to boil. Mixture should not boil until fat is dissolved. When boiling, stir quickly into flour, making a soft dough. Turn on to a floured board—cut off $\frac{1}{3}$ dough and place on an enamel plate on top of saucepan of boiling water. Lightly knead larger piece. Roll out. Fill greased mould or dish. Use remaining $\frac{1}{3}$ for top.

egg mayonnaise

1 lb. cooked potatoes, 1 tablespoon chopped parsley, 2 tomatoes, 1 cup cooked peas, $\frac{1}{2}$ cup mayonnaise, lettuce and watercress, 5 hard boiled eggs.

Dice potatoes and tomatoes, add parsley, peas and mayonnaise—season well. Place in a flat salad bowl which has been lined with lettuce and watercress. Garnish with halved eggs.

germany

Wholesome, satisfying German cookery owes a lot of its solid goodness to eggs. See how they add eggs to main dishes, salads, desserts for extra nourishing richness.

german apple cake

PASTRY: 8 ozs. flour, 6 ozs. butter, 3 ozs. sugar, 1 egg yolk, 1 tablespoon water, rind 1 lemon.

CHEESE FILLING: $\frac{1}{2}$ lb. cottage cheese, 2 eggs, 3 ozs. sugar, 1 teaspoon vanilla.

APPLE FILLING: 4 large apples, $\frac{1}{2}$ cup raisins, $\frac{1}{4}$ cup rum, 1 teaspoon cinnamon, cream.

Make pastry. Cream butter and sugar, add egg yolk and water. Stir in flour, lemon rind. Roll pastry and use $\frac{3}{4}$ pastry to line an 8" cake tin. Sieve cheese, add eggs, sugar and vanilla, spread on pastry. Cut apples into thin slices, add raisins, rum and cinnamon. Place on cheese mixture. Crumble remaining pastry. Sprinkle over apples. Bake 275° 2 hours. Serve cold with cream.



german fish cake

1 lb. white fish without bones or skin, 2 ozs. breadcrumbs, $\frac{1}{2}$ oz. butter, 2 whole eggs and 2 egg yolks, 2 tablespoons chopped onion, 1 thick slice fat bacon, 2 ozs. chopped lean ham, 1 teaspoon continental mustard, 1 oz. flour, $\frac{1}{2}$ pint stock, salt, pepper, 2 ozs. butter, $\frac{1}{4}$ pint sour cream or top of milk.

Mince the raw fish. Mix one ounce breadcrumbs with half ounce butter and two eggs and stir over a low heat until thick, add the chopped onion. Put into a large basin, mix in the two egg yolks, flour, mustard, fish and ham. Season with salt and pepper. Form into a roll and coat with breadcrumbs. Place the large slice of fat bacon on a baking sheet, lay the fish roll on it. Bake in a moderate oven 350° $\frac{3}{4}$ hour. Baste from time to time with the remaining ounce of butter and the stock and finally coat with the cream mixed with the flour. Bake 15 minutes. Serve garnished with sliced egg and capers.



*N.S.W. eggs
are always farm-fresh.*



spain

The cookery of Spain makes the most of home-grown farm produce . . . often combines eggs and vegetables with a small amount of meat for a satisfying meal that costs little.

eggs flamenco

4 large tomatoes, 2 onions, 4 rashers bacon, salt, pepper, 2 cloves garlic, 4 eggs, 1 small tin asparagus spears, ¼ lb. continental sausages, margarine or oil for trying, peas.

Slice onions, sauté in a small amount of margarine or oil 5 minutes. Chop bacon, add. Slice tomatoes, add with crushed garlic, salt and pepper. Cook 5 minutes. Place mixture in base of greased flat oven-proof dish. Place asparagus tips around edge of dish, dividing dish into four. Break an egg into each quarter. Bake 350° 20 minutes until eggs are set. Serve garnished with slices of fried sausage, peas and parsley.

sacro monte omelette

1 set brains, 2 rashers bacon, 1 lamb's kidney, butter, ½ cup diced cooked potatoes, 1 rasher chopped bacon, 1 tablespoon chopped parsley, 4 eggs, peas.

Cook brains and chop roughly. Melt butter in omelette pan, add sliced kidney and chopped bacon and cook 5 minutes. Add brains, potato and cook until golden brown; add extra butter if necessary. Beat eggs slightly, add parsley and seasonings. Add to savoury mixture in pan. Cook as for French omelette. Serve garnished with peas. Serves 2-3.

austria

There's sophistication in the meals of Austria; cakes, even salads, are notably elegant.

frou frou salad

2 cups celery (cut into thin strips), 1 cup beetroot (cut into thin strips), 2 hard-boiled eggs (sliced), 4 cups shredded lettuce, lettuce leaves, 1 tablespoon white vinegar, 1 teaspoon tarragon vinegar, 4 tablespoons oil, salt, pepper.

Toss together celery, beetroot, eggs, lettuce, vinegars, oils and seasonings. Serve on a bed of lettuce leaves.

linzer torte

PASTRY: 4 ozs. butter, 1½ ozs. castor sugar, 1½ ozs. brown sugar, 1 egg, 1½ cups plain flour, ¼ teaspoon cinnamon, ¼ teaspoon baking powder, ⅓ cup ground almonds, extra tablespoon flour.

FILLING: 2 eggs, ⅓ cup castor sugar, ⅓ cup cornflour, 1½ cups milk, vanilla.

BERRY TOPPING: 1 tin berries, 2 tablespoons cornflour, 1 tablespoon lemon juice.

Make pastry by buttercake method. Use half to line base and sides of large tart plate. Add extra flour to remainder and reserve for topping. Make filling. Beat eggs and sugar until all the sugar is dissolved, add cornflour and milk. Bring to boil and simmer 4 minutes. Cool, add vanilla. Pour over pastry. Thicken berries with cornflour, reserving a few for garnishing. Place over cream filling. Top with lattice of pastry. Bake 375° 45 minutes. Chill. Serve garnished with berries and with cream.





italy

Eggs make many of the pastas of Italy; contrast well with the rich garlic and tomato flavours. And eggs make the bland, delicious desserts to follow.

pasticcio

1 lb. minced steak, 1 onion, 1 tablespoon tomato paste, 1/2 cup water, 1 clove garlic (crushed), 1/4 cup port wine, butter, 6 cloves, chopped parsley, salt, pepper, nutmeg, cinnamon, 1 pint milk, 1 1/2 tablespoons cornflour, 3/4 lb. spaghetti, 6 eggs, 1 1/2 cups grated cheese.

Sauté meat and onion. Add paste, water, cloves, crushed garlic, wine, parsley and seasonings. Simmer one hour. Thicken milk with cornflour, cool. Then beat in two eggs with 1/4 cup cheese, season. Mix four eggs with half grated cheese, add to the cooked spaghetti. Place spaghetti in greased baking dish. Cover with white sauce. Sprinkle with grated cheese. Bake 400° till golden brown. Serve with meat sauce. Serves 8-10.

*Add an egg and
you add real goodness*

peche ripiene

1 large tin peach halves or 5 yellow peaches stewed and halved, 5 stale sponge fingers or 1/2 stale 7" sponge sandwich, 2 ozs. ground almonds, 1 oz. peel, castor sugar, 1/2 cup orange juice, cherries, almonds, zabaglione.

Place peaches in shallow baking dish, hollow side upwards. Combine cake, chopped peel and ground almonds. Stuff peaches. Sprinkle with castor sugar, drizzle with orange juice. Bake in a hot oven 400° 10 minutes. Garnish with cherry or almond. Serve with zabaglione.

zabaglione

4 egg yolks, 10 ozs. marsala or sweet sherry, 1 oz. sugar.

Place all ingredients in the top of a double boiler or in a bowl over a saucepan of hot water. Beat until mixture is stiff and fluffy and will hold a trail from the beater.

france

The famous cookery of France preserves its character by subtle use of herbs and condiments. The delicate natural flavours are never masked or lost.

eggs benedict

4 croutes, 4 ozs. ham, 4 poached eggs, parsley.

HOLLANDAISE SAUCE DIVINE: 2 egg yolks, 4 ozs. butter, 1 tablespoon sherry, 1 tablespoon sauterne, salt, pepper.

Make sauce. Reduce sherry and sauterne to half in top of double boiler, beat egg yolks until light and thick. Gradually beat in butter, one tablespoon at a time. Gradually whisk in wine. Season well. Keep sauce warm by standing in a bowl of lukewarm water. Place ham on croutes of bread. Top with poached egg. Sauce over with Hollandaise sauce. Brown under griller until just golden tipped. Serve garnished with parsley and accompanied by French salad. Serves 4.

quiche lorraine

PASTRY: $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ teaspoon salt, 5 ozs. margarine, 4-5 tablespoons cold water. FILLING: $\frac{1}{2}$ lb. bacon, $\frac{1}{2}$ lb. sliced cheese, 3 eggs, 2 cups milk, $\frac{1}{2}$ teaspoon salt, 1 teaspoon nutmeg, pepper, cayenne, 1 oz. flour.

Make pastry—line 10" pie plate. Fry bacon until crisp. Place in base of case. Cover with sliced cheese. Mix remaining ingredients. Pour over cheese, bake 400° 35-45 minutes. Cool 5-10 minutes before serving. Serve garnished with Van Dyck tomatoes, stuffed olives and parsley.

omelette fines herbes

4 eggs, 2 tablespoons water, 4 tablespoons chopped parsley, 1 tablespoon chopped chives, 1 tablespoon chopped thyme, 1 tablespoon chopped marjoram, salt, pepper, 1 oz. butter.

Melt butter in omelette pan. Beat eggs and water until just mixed. Add chopped herbs and seasonings. Pour mixture into pan. Cook over low heat, lifting mixture as it cooks, letting omelette cook in "layers." Fold in two and serve immediately. Serves 2.

crackerbouche

1 large brick vanilla ice cream, 18 choux pastry puffs, 1 gill cream, sugar, rum, chocolate sauce.

Fill puffs with cream, beaten and flavoured with sugar and rum. Cut ice cream brick diagonally and place on serving platter to form a peaked mound. Stick puffs into ice cream so as to cover surface of mound. Drizzle chocolate sauce over. Serve immediately. Serves 8.

CHOUX PASTRY: 4 ozs. flour, 2 ozs. butter, 1 cup water, 3 large eggs.

Bring butter and water to boil. Remove from heat. Add flour and beat until mixture leaves sides of pan. Gradually add eggs. Bake 450° 10 minutes, 350° until dry. Use a greased slide. This makes $2\frac{1}{2}$ dozen 3" long eclairs or 3 dozen puffs.

*Two eggs are
always better than one*





hungary

Rich, strong flavours are typical of Hungarian cookery, from their spiced egg appetisers to the luscious dessert cakes.

hungarian chocolate

4 ozs. grated semi-sweet chocolate, 4 tablespoons water, 2 egg yolks, 8 sponge fingers, 4 mandarins or oranges, 2 egg whites, 2 ozs. castor sugar, juice 1 lemon, juice 1 orange, few cherries.

Melt chocolate with water in a bowl over a saucepan of water, add egg yolks and beat 5 minutes or until thick. Place sponge fingers in a shallow ovenware dish. Drizzle with lemon and orange juice. Place mandarin segments on top, reserving a few for garnishing. Pour chocolate mixture over. Make a meringue of egg whites and castor sugar. Pile on top of chocolate mixture and brown in a moderate oven 350°. Decorate with cherries and mandarin segments. Serves 4-6.

rakott burgonya

3 cups cooked sliced potato, 4 ozs. ham, 3 hard-boiled eggs, ½ lb. continental frankfurts, 1 jar sour cream (5 ozs.), salt and pepper.

Place slices of potato in base of greased casserole dish, cover with layers of chopped ham, sliced eggs and then sliced frankfurts. Repeat, ending with potato. Season. Pour sour cream over. Bake in a moderate oven 350° 20 minutes until cream is absorbed and potato golden brown. Serve garnished with parsley. Serves 6.

eggs paprika

4 ozs. rice (cooked), 1 teaspoon caraway seeds, 1 tablespoon chopped red pepper, salt, pepper, 4 hard-boiled eggs, ½ lb. white onions (chopped), 1 oz. margarine, ½ oz. flour, 1 cup milk, paprika, parsley.

Add caraway seeds, pepper and seasonings to cooked rice. Place in a large flat casserole dish. Halve eggs, place on top of rice cut side down. Cook onions in margarine in a covered saucepan until tender but not brown. Add flour and cook 2 minutes. Remove from heat, gradually stir in the milk and cook, stirring constantly until the mixture boils. Coat eggs with sauce. Bake in a moderate oven 10 minutes or until thoroughly heated. Garnish with lines of paprika and parsley.





china

The custom of combining unusual ingredients, as in these recipes, makes all Chinese cookery a surprise . . . and a delight.

chinese egg dumplings

4 eggs, 1/2 lb. minced pork (cooked), 1 teaspoon salt, 1 1/2 teaspoons soy sauce, 2 shallots (chopped), 3 thin slices green ginger (chopped), 1 teaspoon sugar, 1/2 cup water, 1/4 cup chopped ginger, 1 teaspoon cornflour.

Mix together pork, shallots, ginger, salt and soy sauce. Beat eggs. Place a small quantity of oil in a large frying pan. Drop one tablespoon of egg into pan as in making pikelets. Place 1 teaspoon pork mixture in the centre of the dumplings, fold over. Remove from pan. Blend cornflour and water, add to pan with sauce, sugar and ginger. Bring to boil, add dumplings and simmer 5 minutes. Serve with rice. Serves 6.

fried rice

1/2 cup rice (uncooked), 1/2 lb. diced pork, 6 shallots (diced), 1/2 cup bamboo shoots (diced) (or use finely diced spinach stalk), 3 eggs, 1/2 red pepper diced, 2 ozs. mushrooms (diced), 1 tablespoon soy sauce, lard.

Cook and drain rice. Spread on a large flat tray and air dry 12 hours. Beat eggs. Melt a small amount of lard* in the base of a large frying pan. Add eggs and cook, stirring constantly so that the egg forms shreds. Add rice one tablespoon at a time and fry gently between each addition. Meanwhile, fry separately in the following order the other ingredients: Pork, shallots, bamboo shoots, pepper and mushrooms. Use as little lard as possible and as each food is cooked add it to the rice mixture. Season with soy sauce. The Chinese would not use any salt at all, but you may like to. *Lard is the authentic cooking fat to use, but you may prefer to use margarine.

Eggs are rich in protein



japan

Japanese cookery preserves the fresh natural food flavours by cooking it quickly until barely done. Enjoy this wonderful crispness and flavour in these traditional Japanese dishes.

nihon chicken omelette

6 ozs. chicken, 1 tin sliced mushrooms, 1 onion, lard or margarine, 1 small pkt. frozen peas, 4 tablespoons stock or water, few leaves spinach, 3 eggs, 3 tablespoons sherry, 1 tablespoon sugar, 1 teaspoon salt, 3 teaspoons soy sauce.

Slice chicken, mushrooms and onion. Place peas in a small amount of boiling salted water, boil 5 minutes—drain. Place spinach in boiling salted water, boil 5 minutes, drain and chop roughly. Lightly fry mushrooms and onion, add stock, sherry, sugar, salt and soy sauce. Add sliced chicken, lid, simmer until liquid is almost evaporated. Add peas, spinach, beat eggs and spread over top. Cook over a low heat (keeping lid on frying pan until the egg hardens). Serve cut into wedges. Serves 3-4.

pink flower egg

4 eggs, 1 teaspoon soy sauce, 1 teaspoon prepared mustard, salt, pepper, red food colouring, round savoury biscuits.

Boil eggs, chop yolk and white separately, chopping very finely. Add red colouring to white; colour more vividly than normal as colour disappears during steaming. Add pepper, salt, sauce and mustard to yolk. Place a dry cloth on table. Spread egg white over this, spread yolk over white. Roll cloth and tie with string. Steam 15 minutes. Cool roll. Slice. Serve on biscuits. 30 savouries.

sukiyaki (illustrated on cover)

1½ lb. rump steak, 2 tablespoons oil, ¾ cup soy sauce, ¼ cup sugar, ½ cup sake or sherry, 2 white onions sliced, 1 cup celery cut in 1" strips, 1 tin bamboo shoots (sliced thinly), 1 cup carrot sticks, 1 cup shredded cabbage, 1 cup sliced beans, 4 eggs, rice.

Heat oil in shallow frying pan or chafing dish. Cut steak into thin strips and brown lightly. Mix sugar, sauce and sake or sherry; add half to meat and simmer 5 minutes. Push to side of pan. Add onions and simmer 5 minutes, push to side of pan. Add celery, bamboo shoots, carrot, cabbage and beans, keeping vegetables in separate strips. Add remaining sauce mixture. Simmer 5 minutes. To serve, each guest has his own bowl of beaten egg and food is dipped into this before eating. Accompany Sukiyaki by boiled rice. Serves 6.

Serve eggs for an easy luncheon



america

America combines eggs with subtle new flavours. Makes them the focal point of a whole new cookery theme. Don't hesitate to make these. They're delicious!

devilled cottage eggs

6 hard boiled eggs, 4 ozs. cream cheese, 3 tablespoons mayonnaise, 1½ tablespoons ketchup, 1 large shallot (chopped), 1 tablespoon chunky-cut gherkin spread, salt, pepper, paprika, lettuce leaves, parsley.

Halve eggs lengthwise. Scoop out yolks. Mash yolks with fork and combine with cottage cheese, add mayonnaise, ketchup, shallots, gherkins and seasonings. Pile back into egg cases—piling high. Sprinkle with paprika. Serve on lettuce cups garnished with parsley. Serves 6.

egg and spinach salad

¼ cup French dressing, 6 cloves garlic, 6 slices bacon (chopped), 3 hard boiled eggs, 1 bunch spinach.

Quarter garlic, add to dressing, stand at least two hours. Fry bacon until crisp, drain, chop eggs. Wash spinach and tear into bite-size pieces. At serving time sprinkle eggs and bacon over spinach, remove garlic from dressing and pour over salad. Toss. Serve at once. Serves 6.

pumpkin pie

1½ cups cooked pumpkin, ¾ cup brown sugar, ½ teaspoon salt, 1-1¼ teaspoons cinnamon, ½-1 teaspoon ginger, ¼-½ teaspoon cloves, ¼-½ teaspoon nutmeg, 3 slightly beaten eggs, 1¼ cups milk, 6 ozs. evaporated milk, 8 ozs. shortcrust.

Combine pumpkin, brown sugar, salt and spices. Add eggs, milk and evaporated milk. Line 9" pie plate with pastry. Pour in filling. Bake 400° 50 minutes or until set. Serve with ice cream.

greece

Eggs add important food value to Greece's favourite dishes and they enhance the exciting, sharp flavours of these two classic meals.

Eggs are a feature of Grecian sauces which, with their exotic flavours, have justly won world-wide acclaim.

soupa augolemona

2 pints chicken stock, 1 small onion, 2 ozs. rice, 3 eggs, 1 large lemon, salt, cayenne.

Heat stock and onion till boiling. Add rice. Simmer 15 minutes. Beat eggs and lemon juice. Gradually add $\frac{1}{2}$ pint stock to egg mixture. Then add remaining stock. Stir soup over low heat until creamy. Do not boil. Serves 6.

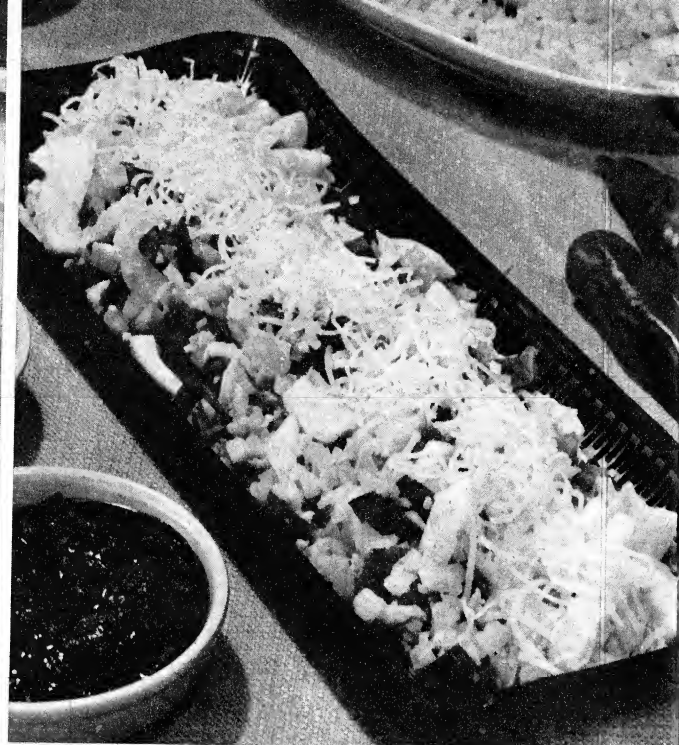
doormades

1 small cabbage, 1 lb. rice (partly cooked), $1\frac{1}{2}$ lb. minced steak, 1 white onion, 6 tomatoes, 6 green peppers, 2 lemons, 3 eggs, salt, pepper.

Pull leaves off cabbage, boil until tender. Cut tops off peppers and core. Cut lids off tomatoes and scoop out inside. Saute meat, onion. Boil rice. Mix meat, onion, rice and tomato pulp. Season. Stuff tomatoes and peppers with mixture. Place two large cabbage leaves in bottom of saucepan. Roll up remainder, stuffing with meat mixture. Place stuffed cabbage leaves in saucepan, stuffed tomatoes and peppers on separate sides on top of leaves. Choose a broad, flat saucepan. Add two cups water. Place an old plate on top to prevent breaking. Simmer $\frac{1}{2}$ hour. Serve with following sauce.

SAUCE: Add beaten yolks to stiffly beaten egg whites. Add one tablespoon lemon juice. Pour this slowly into cooking stock and stir until it thickens. Serve with tossed salad of: *Tomatoes, cucumber, celery, lettuce, peppers, black olives and white onion.*





scandinavia

Cold climate cookery needs, to be warming . . . and filling. These two dishes show how eggs are used to advantage.


danish kringle

PART 1: $\frac{3}{4}$ cup butter, $\frac{1}{4}$ cup flour. Pat mixture into 10" x 4" rectangle. Chill well.

PART 2: 1 oz. yeast, $\frac{1}{4}$ cup water, 2 egg yolks, $\frac{3}{4}$ cup milk, 3 tablespoons sugar, 1 teaspoon salt, 3- $\frac{1}{2}$ cups flour.

Soften yeast in water. Beat eggs with milk, sugar and salt, add yeast mixture and flour to make a soft dough. Roll to 12" square. Place chilled butter mixture in centre. Bring sides over to overlap. Turn $\frac{1}{4}$ and roll 12" square. Repeat twice. Wrap. Chill 30 minutes.

RAISIN FILLING: 1 teaspoon cinnamon, $\frac{1}{4}$ cup butter, 2 cups icing sugar, 2 tablespoons cream, 1 cup raisins.

Cream butter and icing sugar, add cream, spice and raisins. Roll dough into 24" x 12" rect. Cut lengthwise into two strips. Spread each with raisin filling. Roll. Moisten edges and seal. Stretch to 30" length. Place each roll seam down on greased baking sheet, shaping thus  Cover with waxed paper and damp cloth. Rise till double, 25 minutes. Glaze with egg white. Bake 375° 25-30 minutes. Makes 2 Kringles.

sill salat

2 salt herrings, 2 cups diced cold meat, 1 cup cooked beetroot, $1\frac{1}{2}$ cups cold boiled potatoes, 1 teaspoon sugar, 1 pickled cucumber, 1 apple, 3 tablespoons wine vinegar, pinch white pepper, 2 or 3 hard-boiled eggs, 1 gill cream.

Cover herrings with water. Soak 12 hours. Skin and bone—chop. Dice all other ingredients. Add. Sprinkle with salt, pepper, vinegar and sugar. Pour over whipped cream. Garnish with sliced eggs.

Eggs make a man-sized meal

india

The hot spices of India do exciting things for eggs, as in this salad accompaniment for Indian curry.

egg sambol (illustrated above)

4 hard-boiled eggs, 2 small onions finely chopped, 2 fresh green chillies, 1 tablespoon lemon juice, salt, coconut (fresh if possible).

Quarter eggs and combine with chopped onion, chilli, lemon juice and salt. Place in serving dish or coconut shell. Sprinkle with grated coconut. Serve with curry.



syria

Capture all the romance of the old east when you make this traditional egg dish from Syria.

egg sambousek

1/2 lb. S.R. flour, 2 ozs. melted butter, 5 ozs. warm water, 1 dessertspoon salt, 3 eggs, 1 lb. grated cheese, egg glazing, caraway seeds.

Sift flour and salt. Make a well in the centre and pour in the melted butter. Add the warm water and knead the dough well. Beat eggs and add the grated cheese. Roll out the pastry as thinly as possible. Cut into large rounds the size of a saucer. Place a spoonful of mixture on each pastry round. Fold over, seal edges and frill. Glaze with egg glazing and sprinkle with caraway seeds. Bake in a hot oven 425° 15 minutes until golden brown. Serve hot or cold.

Eggs are all food value

brazil

This Brazilian dish bears lots of resemblance to the sunny cookery of Spain. An exciting new treatment for seafood.

cameroes

1 lb. prawns, 1 large onion, 1/2 cup tomato puree, 1 large tomato, 1 teaspoon tabasco sauce, salt, 5 eggs.

Slice onion, place half onion in a frying pan, cover and cook until tender. Add tomato puree, prawns and tabasco and cook 10 minutes. In separate small frying pan, fry remainder of onion, add sliced tomato and cook until pulpy. Season. Beat eggs, place half egg mixture in base of a greased casserole dish. Add prawn mixture and then remaining eggs. Top with tomato and onion mixture. Bake 300° 15 minutes. Reduce heat, bake 200° until cooked. (Insert knife—when it comes out clean, mixture is cooked.) Serves 6.





latvia

Homely meals with a real home-grown flavour are typical of Latvian cookery.

pireikad

PASTRY: $\frac{1}{2}$ cup milk, 1 oz. butter, 1 teaspoon sugar, 1 teaspoon salt, 1 oz. yeast, $\frac{1}{4}$ cup lukewarm water, $1\frac{1}{2}$ cups flour.

FILLING: 1 cup blanched shredded cabbage, salt, pepper, caraway seeds, 1 oz. butter, 4 chopped hard-boiled eggs, $\frac{1}{2}$ cup cooked sliced carrots, egg glazing.

Scald milk, add butter, cool till lukewarm. Add sugar, salt. Dissolve yeast in lukewarm water. Add to milk. Then stir into flour till soft dough. Knead till elastic. Place in greased 7" pie dish. Cover. Stand until double bulk (one hour). Cut into two. Press out one-half to cover pie plate. Cover with cabbage, dot with butter, sprinkle with salt, pepper, caraway seeds. Then cover with sliced carrots and chopped hard-boiled eggs. Roll out remaining pastry. Cover pie. Seal edges with egg glazing. Make an air hole in centre of lid. Glaze with egg glazing. Bake 350° 25-30 minutes. Serve with fish soup thickened with barley.

eggs riga

6 eggs (hard boiled), 1 tomato, 1 tin anchovy fillets, salt, pepper, capers, lettuce.

Cut slice off pointed end of egg and remove yolks. Cut a thin slice off blunt end of egg so that eggs will sit firmly on a serving plate. Mash yolks, combine with chopped tomato, half anchovy fillets and seasonings. Fill mixture back into egg cases. Garnish sides of eggs with anchovy fillets and tops with capers. Serves 6, on lettuce cups.

apple pancakes

3 eggs, $\frac{1}{2}$ cup milk, 1 tablespoon flour, pinch salt, 1 teaspoon sugar, 1 oz. butter, $\frac{3}{4}$ cup strawberry jam, 2 cups sliced cooked apples, icing sugar.

Beat eggs until light and lemon-coloured, fold in milk, flour, salt and sugar. Melt a small amount of butter in a 9" frying pan, pour in $\frac{1}{4}$ egg mixture. Cook until firm. Turn on to a clean cloth, spread with jam and sliced apples, roll. Repeat, making four pancakes. Sprinkle with icing sugar and serve warm. Serves 4.

*Extra eggs
mean extra nourishment*